

## **Abstract**

### **Title:**

Progress flexibility lower limbs in rhythmic gymnastics

### **Objectives:**

The objective of this work is to determine the effectiveness of exercises for the development of flexibility of the lower limbs in modern gymnastics. Designed exercises were practiced 2-3 times a week. As it is a modern gymnastics, girls aged 5-7 were tested. This is because this sport starts in early age and flexibility is the key ability in performance evaluation. The objective was to find out which exercises that were designed were effective. That is, whether the girls have improved over the six months or not. Four measurements were realized, every two months. The first measurement was realized before the start of the exercise, the other two during the training period and the fourth was after 6 months, which was the final measurement.

### **Methods:**

Four measurements were realized. First before the start of the training mobility plan and then every two months. From the results I calculated the improvement of girls between each measurement and finally also between the first and last measurement. I calculated average values of girls and average values of improvement. I used the field testing methods.

### **Results:**

In my research I found that girls improved on average over six months. Furthermore, their extent has gradually improved. Only between the second and third measurements, some exercises decreased. Subsequently, the mobility increased again between the third and fourth measurements.

**Keywords:** Flexibility, Joint mobility, Progress, Stretching, Compensation, Rhythmic gymnastics